

# PlanPlate: Family Nutrition Protocol

**Mission:** To execute a week of nutritious, cost-effective meals with zero food waste and zero "dinner panic."

## Phase 1: The Nutrition Charter (Definition of Done)

**Rule:** Define the Final Deliverable with Absolute Clarity. *Define the success metrics for the week before looking at a recipe.*

Core Metric	Definition
The Weekly Goal	<i>Example: "5 home-cooked dinners, 2 leftover nights, strictly under \$150 total budget."</i>
Dietary Hard Constraints	<i>Example: "Zero dairy for Sarah, Low-carb for Mark."</i>
The "Zero Waste" Target	<i>Example: "All fresh spinach and berries must be consumed by Friday."</i>
The Head Chef	<b>Primary Cook:</b> _____

## Phase 2: Master Menu Architecture & Inventory

**Rule:** Deconstruct the Project into Linear Phases. *Consolidated view of the meal plan and the assets required.*

Category	Actionable Task (Start with Verb)	Specific Detail	Deadline/Time	Status
 <b>Blueprint</b>	<b>Select</b> Quick Meal (Sports Night)	Taco Bar (Self-serve)	Mon (20m)	<input type="checkbox"/> Planned
 <b>Blueprint</b>	<b>Select</b> Complex Meal	Roast Chicken & Veggies	Tue (60m)	<input type="checkbox"/> Planned
 <b>Blueprint</b>	<b>Select</b> Bulk	Beef Chili	Wed (45m)	<input type="checkbox"/> Planned

	Meal (Leftovers)	(Double Batch)		
 <b>Blueprint</b>	<b>Select</b> "Clear Fridge" Meal	Stir-fry (Use wilting veg)	Thu (30m)	<input type="checkbox"/> Planned
 <b>Audit</b>	<b>Inspect</b> Freezer for proteins	Meat/Fish Inventory	Fri PM	<input type="checkbox"/> Checked
 <b>Audit</b>	<b>Count</b> remaining pantry staples	Rice/Pasta/Oil	Fri PM	<input type="checkbox"/> Checked
 <b>Audit</b>	<b>Discard</b> expired fridge items	Spoilage Check	Fri PM	<input type="checkbox"/> Checked

### Phase 3: Procurement & Prep (QA Testing)

**Rule:** Asset Readiness. *The shopping trip is the "Acquisition Phase." The Prep is the "QA."*

Actionable Task (Start with Verb)	Category	Owner	Deadline	Status
<b>Compile</b> Master Shopping List	Admin	[Name]	Sat AM	<input type="checkbox"/> Done
<b>Execute</b> Grocery Run (Stick to List)	Procurement	[Name]	Sat AM	<input type="checkbox"/> Done
<b>Wash &amp; Chop</b> Vegetables (Mise en place)	Prep	[Name]	Sun PM	<input type="checkbox"/> Ready
<b>Portion</b> Snacks for School	Prep	[Name]	Sun PM	<input type="checkbox"/> Ready

Lunches				
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## Phase 4: Master Execution Log (The Daily Cook)

**Rule:** Execution Mode. Execute the blueprint. If Phase 3 was done well, this is just assembly.

Day	Actionable Task (Cooking)	Owner	Deadline (Dinner Time)	Status
Mon	Cook Taco Meat & Set Table	[Name]	06:30 PM	<input type="checkbox"/> Served
Tue	Roast Chicken & Steam Veg	[Name]	07:00 PM	<input type="checkbox"/> Served
Wed	Simmer Chili & Rice	[Name]	06:30 PM	<input type="checkbox"/> Served
Thu	Wok-toss Leftover Veggies	[Name]	06:30 PM	<input type="checkbox"/> Served
Fri	Reheat Leftovers / Takeout	[Name]	06:00 PM	<input type="checkbox"/> Served

## Phase 5: The "Taste & Waste" Audit (Post-Mortem)

**Rule:** The Continuous Improvement Loop. Optimize the system for next week.

Item Thrown Away	Why? (Root Cause)	Solution for Next Week
(e.g., Bag of Salad)	(e.g., Bought too much, forgot to eat)	(e.g., "Buy spinach instead; it can be frozen.")